700 KILLED IN SECT UPRISING IN NIGERIA, PG7

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METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

Celebrity Buzz

Jude's pregnant ex-girlfriend speaks out

pg 14

Police checking on-ice complaint against Burrows

HOCKEY Vancouver Canucks forward Alex Burrows is being investigated by police after an on-ice incident in a Montreal summer hockey league game.

According to a complaint filed on July 21, Burrows allegedly hit a 19-year-old goaltender in the face with his stick during a game at the Excellent Ice Arena in Kirkland, Que.

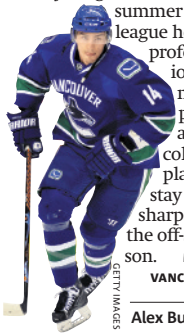
Contract

- Burrows signed a four-year contract extension with the Canucks in March that will pay him $2 million per season.

With Burrows, 27, facing possible charges, Canucks management say they're waiting to gather all facts before commenting, according to RDS.ca.

The family of goaltender Koray Celik isn't speaking either, on the advice of their lawyers.

Also known as the Pond Hockey League, the summer league helps professional, minor pro and college players stay sharp in the off-season. METRO VANCOUVER



GETTY IMAGES

Alex Burrows

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KRISTEN THOMPSON/METRO VANCOUVER

Vancouver police Const. Cinda Michael and her horse, Spur, at Stanley Park yesterday. Police are asking park users to be vigilant after four fires were deliberately set there on the weekend, including one that damaged the bleachers at the Brockton Oval.

Police up Stanley Park presence after 4 fires

Public vigilance urged with deliberate incidents, dry summer

DANIEL TAM
for Metro Vancouver

Vancouver police are beefing up the number of mounted officers patrolling Stanley Park after four suspicious fires have been set in the park since Thursday.

Police say the fires are linked and the works of an arsonist.

Const. Cinda Michael said 13 officers are now patrolling the park on horseback.

"We have seven regular officers who are supplemented by six reserve officers," she said.

The fires were set at different locations, including near the Rose Garden and Beaver Lake.

A fire at the Brockton Oval, a sports field popular with cricket players, caused the most damage. It was lit under the bleachers and scorched the bench area and the side of a building.

Park Board commissioner Ian Robertson called it "despicable."

"We got flames that were six- to eight-feet-high and this whole building is all wood structure and could have gone up in a matter of minutes," he said.

Witnesses told police they saw a man riding a bike near the fires, but investigators have no suspects yet.

Michael said the recent dry spell is the worst she's seen in her six years patrolling Stanley Park.

"It makes me feel a little bit apprehensive," said Michael.

"But we've gone through dry summers before without incident and I have confidence in our patrols and in the public's willingness to help us with this issue."

Michael asked that the public be aware of the smoking and barbecue bans and to be vigilant.

"We're really doing our best to make sure there are no accidents," said Michael. "(Stanley Park) is something that none of us want to lose."

B.C. blazes force out thousands

EVACUATIONS More than 700 wildfires burning across the hot, tinder-dry province have forced thousands of people from their homes, including around 2,000 people in Lillooet, where a fire is threatening the town.

The roughly 3,000-hectare Mount McLean fire — which began from a lightning strike — was one kilometre from town by press time yesterday.

Info line

- The province and Red Cross have set up a toll-free fire information line at 1-888-350-6070.

An evacuation order was also issued for people living in nearby Seton Portage, where a 1,000-hectare fire is burning.

In Fintry, around 2,500 people have been asked to leave their homes — after being allowed to return following an earlier evacuation order — because the Terrace Mountain fire has flared up again.

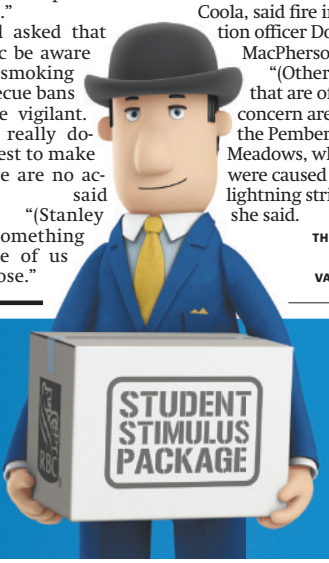
The fire had been 90 per cent contained until Sunday, when strong winds pushed it over the fireguard.

That fire has engulfed around 2,500 hectares.

Closer to home, evacuation orders and alerts have been issued for residents near Pitt Lake and Bella Coola, said fire information officer Donna MacPherson.

"(Other) ones that are of public concern are up (at) the Pemberton Meadows, which were caused by a lightning strike," she said.

KRISTEN THOMPSON/METRO VANCOUVER



Page 2 is where the big news hangs out.

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PM to tour city with premier
Prime Minister Stephen Harper is meeting Premier Gordon Campbell at the Richmond Olympic Oval today for a tour of Metro Vancouver. They will also visit the Pitt River Bridge, which was built using $90 million from the federal government and $108 million from the province. METRO VANCOUVER

Local

Bike traffic up on bridge

Cycling traffic has increased about 30 per cent during the first two weeks of the Burrard Bridge Bike Lane Trial with more than 6,300 trips per week. Vehicle traffic has declined slightly from the 70,000 trips per weekday prior to the bike trial and pedestrian traffic has remained the same at about 3,000 trips per warm, summer day. METRO VANCOUVER

PHOTO SUBMITTED

A float at the Vancouver Pride Parade.

Parade a boon for businesses: Official

PRIDE More than half a million people lined up downtown streets for Sunday's Vancouver Pride Parade, according to organizers.

Ken Coolen, president of the Vancouver Pride Society, said the event was a boon for local tourism.

"Say we had (at least) half a million people and say each of those people spent $5 — that's $2.5 million and $5 is barely enough for a hot dog and a bottle of water," Coolen said.

When cab and bus fare, restaurant visits, and hotel room rentals are taken into consideration, Coolen estimated that $10 million were contributed to downtown businesses. KARL YU/ FOR METRO VANCOUVER

New Democrats rally against HST

Party will hold demonstrations, has already launched petition, James says

JEFF HODSON
jeff.hodson@metronews.ca

New Democrats plan to raise a fuss about B.C.'s forthcoming Harmonized Sales Tax (HST).

About 80 people, including NDP Leader Carole James and MLAs from across the Lower Mainland, rallied yesterday outside Crystal Mall in Burnaby.

Some of the demonstrators held placards that read Horrible Sales Tax and Horrible Stupid Tax.

New Democrats, James said, plan to hold similar rallies and have launched a petition calling on the province to scrap the HST.

"Whether the government will listen is up to the government," James said.

"But I think it is our job and the people of British Columbia's job to make sure this government hears from them."

JEFF HODSON/METRO VANCOUVER

Burnaby-Edmonds NDP MLA Raj Chouhan rallies with supporters against the forthcoming HST outside Crystal Mall in Burnaby yesterday.

The new 12 per cent HST, which begins July 1, 2010, effectively joins the existing seven per cent Provincial Sales Tax (PST) and five per cent federal Goods and Services Tax (GST).

However, many current PST exemptions could disappear under HST, meaning that consumers could pay more on everything from haircuts to houses.

Asked whether the NDP would repeal the tax if elected, James was noncommittal, replying: "It's always harder to turn the clock back than to do the right thing in the first place."

Following the rally, James toured Crystal Mall, chatting with vendors.

One of the people she spoke with, Kang Stub of Hana Sushi, said he hates the forthcoming tax and estimated that it will hurt business by 20 per cent.

Fallout

- The B.C. Restaurant and Food Services Association is among the groups opposed to the new tax.
- The implementation of the GST in 1991 resulted in a sales decrease of 10 per cent and the loss of 42,000 food-service jobs.

Police and Fire Games take over Lower Mainland

JEFF HODSON
jeff. hodson@metronews.ca

SPORTS A massive week-and-a-half sporting event featuring 10,000 athletes from around the world is underway across the Lower Mainland.

The 2009 Police and Fire Games began in the Lower Mainland on Friday, with events spread from the University of B.C. to Abbotsford.

"It's amazing how good some of the athletes are," said Rod Griffith, a Calgary firefighter who is competing in his fifth Police and Fire Games in ice hockey, high jump and hurdles.

"There are too many events to take them all in, but it's good competition."
Rod Griffith, firefighter

"There are Olympic-class athletes doing these events. There are too many events to take them all in, but it's good competition and good camaraderie."

The Police and Fire Games, which run until Sunday, feature more than 60 events at more than 40 venues. Visit 2009wpfg.ca for times and locations.

JEFF HODSON/METRO VANCOUVER

An athlete competes in the long jump yesterday at Swangard Stadium during the 2009 Police and Fire Games.

News in brief

ARSON Vancouver police arson investigators are confirming that the fire at the Vancouver Khalsa School on Thursday was deliberately set.

CRASH A home-built single engine plane crashed in Courtenay on Sunday, killing the only person on board. Witnesses said the plane, which is believed to have come from Surrey, appeared to break apart in the air.

CANCELLED B.C.'s leaky-condo loan program has been scrapped. The provincial government said money for the interest-free loans has dried up.

METRO NEWS SERVICES

metronews.ca
What's online today.

Blogs Sexcetera reviews the grades from the first report card on the dating habits of Canadian males

Lotteries

Friday, July 31
Lotto Super 7: 8, 12, 14, 15, 19, 23 & 33 Bonus 41
Extra: 24, 34, 50, 91
Saturday, Aug. 1
Lotto 6/49: 13, 14, 24, 31, 40 & 48 Bonus 44
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Extra: 3, 28, 45, 99
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Gatti made will changes, says family

Arturo Gatti's will was changed just three weeks before the ex-boxing champ died, his family confirmed Sunday. Reports said Gatti bequeathed everything to his wife, who stands to receive $1 million through his life insurance policy. METRO NEWS SERVICES

Canada

Schreiber in German jail

Karlheinz Schreiber, a key figure in a political party financing scandal involving former prime minister Brian Mulroney and former German chancellor Helmut Kohl, arrived in Germany yesterday and has been jailed after losing a decade-long extradition battle in Canada, CBC News Online reports. The 75-year-old former arms-industry lobbyist landed in Munich around 9:30 a.m. local time, and was taken to a jail in nearby Augsburg, where prosecutors accuse him of bribery and tax evasion. METRO NEWS SERVICES

News in brief

DEATHS Canadian military officials in Kandahar yesterday identified the second soldier killed in a roadside bomb attack in Afghanistan on Saturday, CBC News Online reports. He is Sapper Mathieu Allard of the 5th Combat Engineer Regiment, based in Valcartier, Que. Allard, 21, was killed alongside his friend, Cpl. Christian Bobbitt, 23, in the Zhari district, west of Kandahar. Military officials had withheld Allard's name until officials contacted next of kin. Brig.-Gen. Jonathan Vance said that Allard was a leader in his squad.

METRO NEWS SERVICES

LABOUR Nearly 3,400 Ontario students who spend their summers working in provincial parks say the provincial government is ripping them off by $400 to $600 each by refusing to give them holiday pay — a move the students maintain is an abuse of labour laws.

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Ottawa **Flame on**

TRACEY TONG/AFRICA-CANADA

A busker from the group Flameoz wows audiences during the final day of the 18th annual International Busker's Festival in Ottawa yesterday. Thousands of people came out to see buskers from around the world.

Citizen gets life in prison

Escapes death in Ethiopian court

An Ethiopian court jailed a Canadian for life yesterday after he was convicted of membership of a rebel group fighting for independence for an ethnically Somali part of the country.

Bashir Ahmed Makhtal was born in Ethiopia but travelled to Canada as a refugee and became a citizen in 1994. He was found guilty last week on three charges related to membership of the Ogaden National Liberation Front (ONLF).

"The court has decided against the death penalty, which is the maximum penalty for the charges," Judge Adem Ibrahim said at the Federal High Court in the capital Addis Ababa. "The court sentences the defendant to life in prison."

Bashir, who left Ethiopia at age 11 and does not speak the local Amharic language, did not react as the sentence was read. His lawyer, Gebreamlak Gebregiorgis, told Reuters he would appeal the conviction. REUTERS

Region

- Ogaden is eyed by foreign oil and gas companies who think its huge deserts might be rich in mineral deposits.

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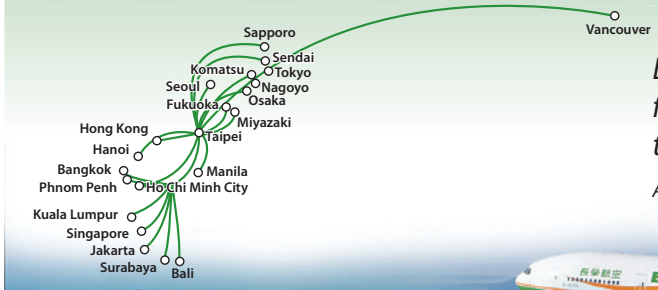

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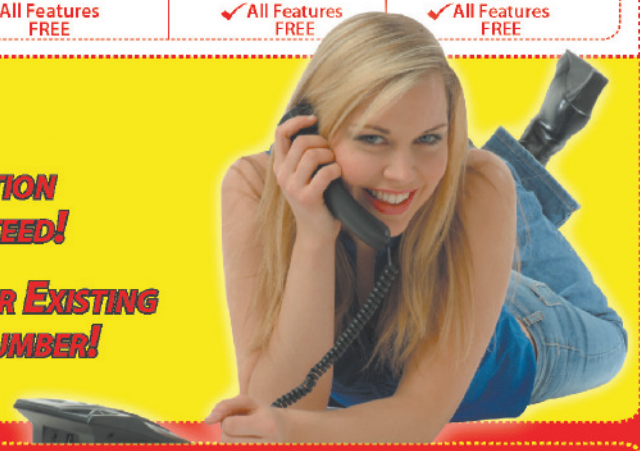

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Comment

Beer diplomacy can work – sometimes

NationalReport

It was cool and rather instructive to see the way Barack Obama eased his way out of the overblown controversy about the Harvard professor being arrested for breaking into his house.

Let's all sit down, have a beer, talk it over, said the U.S. president.

That kind of engagement, beer diplomacy, can be a good thing, especially in the wake of the arrogant sabre-rattling of his predecessor.

But with Iran the politics of engagement isn't working.

Obama has tried to reason with Ayatollah Ali Khamenei, Iran's supreme leader, proposing talks on the nuclear issue and on regional security. He didn't get much of a response. Then came the disputed Iranian election, the severe clampdown on protests and now the show trials. All this was combined with the apparent Khamenei policy of full steam ahead on nuclear weapons production.

In a dispatch based on Western intelligence sources, The London Times breathlessly reported yesterday that Iran has already perfected the technology to create and detonate a nuclear warhead. The Western intelligence sources, one hopes, are better than the likes of Dick Cheney and other charlatans who conned Western media on Saddam Hussein's non-existent weapons of mass destruction.

In any case, Obama's patience with Tehran is being sorely tested. We recall that in the election campaign Hillary Clinton and John McCain warned him about trying to negotiate with regimes like Iran. So far those cautions look justified.

Obama, who is of part Muslim descent, sees things differently than most American politicians. With his wider perspective, he is better capable of putting himself in someone else's orbit. He can readily understand, for example, how Iran sees a gross double standard on the nuclear question. As in, "Oh yes, you can have nuclear weapons and Israel can have nuclear weapons but we can't!"

Obama will be under increasing pressure to adopt a stiffer line, to start issuing ultimatums. Better though he continue with his politics of engagement for some time. Let the Iranian leadership be seen as recalcitrant, let it be seen as not accepting any outstretched hand. In this way there will be a justifiable case, as well as a broad consensus, for assertive actions such as punitive sanctions. In this way there will be no repeat of the flim-flam that triggered the invasion of Iraq.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Public sector wages growing out of line

InBusiness

So it turns out Toronto Mayor David Miller is the Neville Chamberlain of municipal politics, an appeaser who will assuredly, and rightly, lose his job in the next civic election.

For now, though, let's consider the symbolism of Miller's deal with the Canadian Union of Public Employees, bankable sick days and all. It stands for the fact that, at all levels of government across Canada, public sector wages and benefits continue to grow way out of line with private sector standards. And the consequences for our economy are very negative.

One is the sheer cost: Public sector wages and salaries — not including rich benefits — grew 56 per cent to $161 billion annually in the decade to 2007, and they're still growing. So is the disparity with the private sector.

Back in 2000, the Canadian Federation of Independent Business calculated that a typical federal public worker had a 15.1 per cent advantage over a typical private sector worker in salary alone. Counting benefits, the advantage was 23.3 per cent. Today, the advantage gap has increased to 17.3 per cent for wages and 41.7 per cent for wages and benefits. Similar gaps can be found in both the provincial and municipal public service sectors.

Interestingly, employment in the public sector has actually grown through the recession, compared to the dramatic plunge in private sector jobs. Money spent on public sector wages and salaries that's over and above private sector levels is money that isn't being spent on things we could really use, like improved public services or economic infrastructure. You could make the same argument about questionably useful government services. After all, do we really need health workers in local government working full time on wellness programs?

Money spent padding the public sector may be good for consumption, but there are much more productive ways to create wealth and economic growth. Indeed, a bloated public sector contributes to a stagnant economy that values bureaucracy more than innovation, hardly what Canada needs coming out of a severe recession and into a much more harshly competitive world.

And in comfy, cosy Canada, where government offers high-paying jobs for life, what's the incentive for people to start businesses, to take real risks without financial safety nets and create growing enterprises? There's also a matter of fairness.

Why should taxpayers labouring in the private sector happily take pay cuts and/or layoffs in order to subsidize above average wages and benefits for garbage collectors or office bound bureaucrats?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

GRAEME MACKAY

Metro Online Poll Results

62% SAID YES

Would a fall election undermine economic recovery?

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38% SAID NO

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Plane diverted after passengers injured in severe turbulence

A Continental Airlines plane hit severe turbulence en route from Rio de Janeiro to Houston, Texas, yesterday and was diverted to Miami, where more than two dozen passengers were treated for injuries. A Miami International Airport spokesman said 168 people were aboard, including 11 crew members. REUTERS

World

Gorillas spawn new AIDS-like virus

A woman from Cameroon has been found to be infected with an AIDS-like virus that came from gorillas, French researchers reported Sunday. The woman, who has no symptoms of HIV infection, is well and was likely infected by another person, not an animal, the researchers said. Their findings suggest this newly discovered gorilla virus is circulating among people, they reported in the journal Nature Medicine. REUTERS

Nigeria violence claims 700 lives

Samuel Yunana's father, Fayam, was taken from his home, stabbed in the side of the stomach and told to convert to Islam. When he refused, his throat was slit.

Fayam was among more than 700 people killed in the northern Nigerian city of Maiduguri during an uprising last week by a radical Islamic sect which wants sharia law imposed across Africa's most populous nation.

Followers of Boko Haram, which means "Western education is sinful," attacked government buildings, police stations, prisons, schools and churches during five days of rioting before soldiers and police put the uprising down.

As a prison warder and a Christian living near the sect leader's compound, Fayam was a particular target.

"He was taken from his house by Boko Haram. They stabbed him and he was losing blood," Yunana told Reuters. "They insisted he was to convert to a Muslim. He refused, so on that basis they killed him," he said.

Boko Haram treats anybody who does not subscribe to its ideology — Christian or Muslim — as an infidel.

REUTERS

Background

- Nigeria is roughly equally divided between Christians and Muslims, and more than 200 ethnic groups generally live peacefully side by side.

Ukraine **Five-week-long rave**

REUTERS

Women dance at the annual "KaZantip" festival in the Crimean town of Popovka, Ukraine, yesterday. KaZantip is an annual music festival that takes places for five to six weeks in the summer.

No shiny phones, Taliban say

AFGHANISTAN The Taliban have warned Afghans that possessing pictures of "unrelated women and handsome boys" was against Islamic law and owning "shiny new phones" runs contrary to their religious dignity.

The Taliban have been posting "night letters" in the volatile southeastern province of Ghazni, reminding Afghans of their religious obligations.

REUTERS

News in brief

JAPAN A customer banned from a Tokyo ear-cleaning salon was arrested in Tokyo yesterday on suspicion of stabbing a young woman working at the salon and killing her grandmother, Japanese media reported.

MILITARY The Pentagon is seeking to speed deployment of an ultra-large "bunker-buster" bomb on the most advanced U.S. bomber as soon as July 2010, the Air Force said Sunday.

REUTERS

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Google CEO Schmidt to quit Apple board

Google Inc. chief executive Eric Schmidt is resigning from Apple Inc.'s board of directors, the companies said, citing increased competition between the two leading technology companies and increased regulatory scrutiny. REUTERS

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Banks lend helping hand

Canada's biggest banks are offering financial lifelines to distressed consumers during this recession — some doing so on an unprecedented scale.

Tens of thousands of customers are being allowed to skip mortgage payments without penalty, consolidate their debts and switch to lower-interest loans.

Banks say it's about giving their customers a helping hand during a tough economic time. But it is also an astute business strategy to keep loan losses in check, secure client loyalty and generate priceless word-of-mouth advertising to attract new customers when the good times return.

TD Bank has helped nearly 20,000 clients this year under a program dubbed Project Umbrella. BMO, too, has launched a special recession support initiative nationwide. And the Bank of Nova Scotia is reaching out to distressed clients through its branch staff while offering online tips and tools.

TORSTAR NEWS SERVICE

RBC's efforts

- Royal Bank of Canada plans to call each of its 10 million customers across the country this year.

HSBC eyes Shanghai share listing

BANKING HSBC Holdings could raise 50 billion yuan ($7.3 billion US) in a Shanghai listing next year as it vies to be one of the first foreign firms to list in China, according to people familiar with the matter.

HSBC, which reported a better than expected $5-billion half-year profit yesterday, said it wants to list but has yet to mandate investment banks for the planned flotation.

REUTERS

China ties

- HSBC was the first foreign bank to raise one billion yuan in the so-called "Panda bonds," the yuan-denominated bonds, in Hong Kong in June.

Motivate staff or lose them, expert warns Canadians

CHALLENGE Canada's economy could emerge from the recession this quarter, which means companies are facing a high-stakes challenge to ensure their employees stay motivated on the job, experts say.

Businesses should be taking action now to ensure their best workers remain engaged, said Terry Power, president of staffing firm Randstad Canada.

"When you're in a recession, the trend typically becomes one of 'do more with less,'" Power said.

"The people in those situations that tend to step up and do the most for you ... are your best people. And often times, though, that gets kind of taken for granted."

A recent guide issued by Randstad also suggests managers should make "recognition" top priority.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Don't let your cash get sucked into fine print

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AlisonOnMoney

That new washer and dryer seems so attainable with a Buy Now Pay Later deal — but be careful what you wish for.

Busted! It's the roof, furnace or washing machine and there's no spare dough. These are expenditures you don't want to put off — picture two working parents schlepping clothes to the laundromat for a couple of toddlers. Not fun.

Fortunately, there are always tempting Buy Now Pay Later offers to help you out.

They work if you set aside enough money to pay them off in full on the due date. One strategy is to settle the balance with a loyalty points credit card then eliminate that balance with money saved up.

However, check the fine print where payment landmines might be lurking. Some stores, the Brick for example, funnel Buy Now Pay Later purchases through their own cards. The purchase contract is actually a retail credit card application. And you can't pay the balance with another credit card.

If you don't have the money in hand at the due date you are looking at close to 30 per cent in interest.

Worse, you also might be liable for all the accumulated interest from the day of purchase. Ouch.

For example, if you buy an item for $1,000 the first month's interest is $24.91 at 29.99 per cent. The next month you'll pay interest on $1,024.91 and so on.

Additionally, many retailers charge administration fees ranging from $25 to $50 and you may have to pay sales tax up front.

So ask the questions. What are the fees and taxes up front? Am I applying for a store credit card? If so, what credit limit will be assigned? (This is important if your credit score is marginal). What's the interest rate? Can I pay the balance with a credit card? If I don't pay in full am I liable for interest from the day of purchase?

If you know you can't save enough to pay the balance before ante up time, apply for a lower interest bank credit line. It's still a debt but at least the interest won't sting as much.

Alison's Money Rule:

- Buy Now Pay Later deals are appealing, especially when you face an emergency expenditure. But landmines can lurk in the fine print.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Fedor rejects UFC

Unable to come to terms with the UFC, Russian heavyweight and former Pride champion Fedor Emelianenko has signed a multi-fight agreement with rival Strikeforce. UFC president Dana White had been willing to schedule Emelianenko's first fight against Brock Lesnar for the UFC title if a deal had been reached. METRO NEWS SERVICES

Sports

Montreal to MLS?

In a possible hint of Major League Soccer's next expansion location, league commissioner Don Garber last week told Forbes that MLS has been in discussions about adding a team in Montreal. The Montreal Impact of the United Soccer Leagues would be the obvious candidate to join MLS. For more, check out It's Called Football at metronews.ca/blogs. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Bid's fate up in air

It should be known by tomorrow whether Hamilton, Ont. still has any chance to become the home of the Phoenix Coyotes this season or beyond.

An auction for the bankrupt team, which was to have taken place tomorrow between the two bidders wishing to keep the team in Phoenix, has been delayed until Sept. 10.

The NHL requested the postponement but can't yet claim victory because no one is certain what form that September auction will take. Bankruptcy Judge Redfield Baum did not rule yesterday on whether Canadian billionaire Jim Balsillie, who wants to move the team to Hamilton, will be allowed to participate in that auction as a third bidder or whether there will be a separate, subsequent relocation auction.

That decision will likely be handed down tomorrow, the judge said.

"I'm going to think about this a little bit," said Baum. "It's a pretty significant issue."

The NHL's board of governors has already unanimously rejected Balsillie as a potential owner and requested that any form of relocation auction be dropped. TORSTAR NEWS SERVICE

Tennis Women's championships

JEFF GROSS/GETTY IMAGES

Maria Sharapova celebrates winning the first set over Jarmilla Groth of Slovakia in the LA Women's Tennis Championships yesterday at the Home Depot Center in Carson, Calif.

Lions fall to dead last

CFL PREVIEW

B.C. 18 Hamilton 30

BC AT TIGER-CATS

THE SKINNY: It was another game where the Lions had a decent start only to fall apart. Leading after the first half, B.C. turned the ball over six times in the third and fourth quarters and allowed 13 unanswered points.

THE DIFFERENCE: Ticat DeAndra' Cobb tore through the Lions defence, rushing for 167 yards and two touchdowns.

THE TURNING POINT: Leos QB Jarious Jackson fumbled the ball on the Ticats one-yard line in the third quarter, which swung the momentum in Hamilton's favour. Momentum the Lions could not regain.

CELLAR DWELLERS: With the loss, B.C. falls to 1-4 on the season, dropping them into dead last in the entire CFL.

THE NEXT GAME: The Lions are back at home next Friday to take on the Saskatchewan Roughriders at 7:30 p.m.

DANIEL HENDRIKSON /FOR METRO VANCOUVER

Sports in brief

CFL The B.C. Lions have signed linebacker JoJuan Armour, running back A.J. Harris and defensive lineman James Edwards. Armour appeared in 18 games during the 2004 and 2005 seasons with the Lions. METRO NEWS SERVICES

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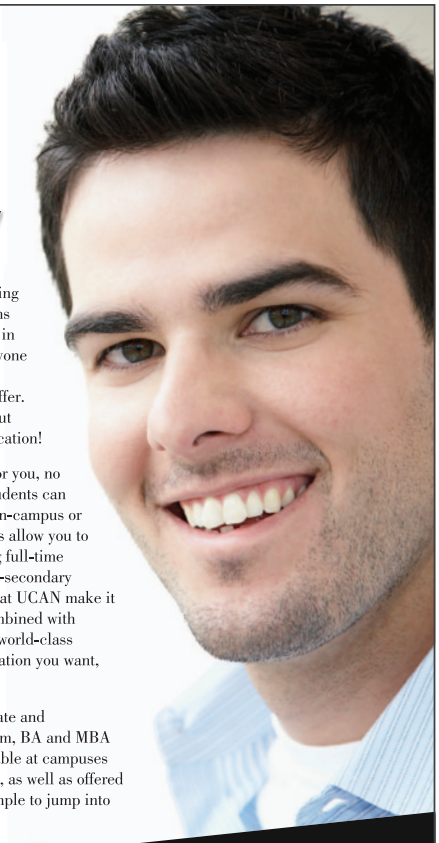

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Iced coffee pack calories
The World Cancer Research Fund (WCFF) conducted a survey of iced coffees sold by some popular chains and found some iced coffees contain as many calories as a hot dinner. Many contained more than 450 calories and the majority had in excess of 200. REUTERS

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Improve your dating grade

New report suggests Canadian men need to step up their game

Given that Canadian guys aged 16 to 24 scored a C-minus on AXE Canada's first annual dating report card, they clearly need some help.

And while the folks behind the cologne — yes, the one that gets guys laid in the elevator if you believe their ads — have offered some helpful advice (i.e. lose the cheesy pick up lines, follow-up with a phone call, and don't automatically assume a kiss means she's interested), I went to the real experts.

Ronald Lee is the guy behind Vancouver's Man Meets Woman (manmeetswoman.com), a dating coaching company for men. He says one of the biggest mistakes men make is that they approach women without a clear goal in mind and end up having a possibly pleasant, but unfruitful encounter. Says Lee, "A man needs to know why he is talking to a woman. For her phone number? To get a date? To just be friends?"

Darren Glickman is the co-founder of The Guyds (theguyds.com), a Toronto-based dating coaching website for guys. He agrees that cheesy pick-up lines don't work but adds that most guys are too weak or way too strong in their approach. "Women like confidence, but they don't like cockiness," he says.

The best way to avoid one of men's biggest fears when it comes to dating — landing in dreaded "friend zone" with a woman — is to stay out of the friend-zone to begin with, says Lee. Glickman agrees. "Don't do 'friend' things with her — like shopping, beer pong or hockey games," he says. "Don't take an interest in the men she's interested in romantically. Don't beat around the bush; tell her you're interested in more and see where it goes. The worst that can happen is she turns you down. That's better than ending up with another pseudo friend."

STOCK PHOTO

When interested in a women, men should avoid the "friend zone" and act confidently without being cocky, advise experts.

Read the AXE Dating Report Card in the Sexcetera blog at metronews.ca.

And, contrary to popular opinion, nice guys don't have to get left on the dating sidelines. "Many nice guys are ignorant about how to seduce women and thus, get treated as doormats, a role they unfortunately accept," says Lee.

Fortunately, adds Glickman, he's noticed in his coaching career that, "The more mature a woman is — either emotionally or chronologically (or both) — the less inclined she is to put up with the bad-boy attitude."

Finally, one thing the experts and the cologne survey participants agreed on: Personal hygiene matters. Conveniently, 96 per cent of male participants guessed bad odour turns women off and 95 per cent of females participants confirmed it."

• For more dating advice for guy, visit Josey's blog Sexcetera at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Viagra for the thighs?

Crotian scientists say Viagra may have qualities in it that can help reduce cellulite.

BEAUTY Guess what Viagra might be used for next? Reducing cellulite!

Scientists in Croatia have proposed that the drug sildenafil — famous for helping men with erectile dysfunction achieve erection — could be an effective ingredient in anti-cellulite cream.

Viagra is thought to have two qualities that may help reduce cellulite: It breaks down fat (at least in test tubes) and it boosts blood flow. So Karmela Altabas and colleagues from the Sisters of Charity University Hospital in Zagreb believe that a moisturizer containing the drug could dissolve cellulite and then whisk it away. Altabas hopes a pharmaceutical company will take up this idea and test it.

CELIA MILNE/FOR METRO CANADA

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Wahlberg ties the knot

Mark Wahlberg tied the knot with his longtime girlfriend, Rhea Durham, at the Good Shepard Catholic Church in Beverly Hills over the weekend, according to People magazine. METRO WORLD NEWS

Entertainment

Sober visit

Madonna wants to take her children to Auschwitz so they can "see how lucky they are." The Kabbalah follower is to make the trip to Poland later this month. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Thrilling shoot

A Perfect Getaway filmed in remote jungles

STEVE GOW
for Metro Canada

Although an actor's life on a soundstage is often pampered — fantastic catered food, cushy accommodations — perhaps the most effortless film for a thespian to make are actually those shot in the remote jungles of Puerto Rico.

"There's an element when you are out dealing with nature around you that definitely as an actor I think is a lot easier than say, (if) this whole set was a jungle on a soundstage," said A Perfect Getaway star Milla Jovovich (Resident Evil).

"The whole energy changes, you're not projecting as much (on a soundstage) and people are like, 'Remember there's wind and remember the rain.'"

The cast of A Perfect Getaway — which hits theatres this Friday — didn't have to worry about faking it much. The thriller about hikers being terrorized on a remote trail in Hawaii may have been filmed in Puerto Rico but the exterior shoot was no less treacherous — the cast had to traverse steep valley spillways and deal with unpredictable storms.

A Perfect Getaway opens on Friday

Movie **feature**

"It makes you focus on what is happening," said co-star Steve Zahn (Sahara). "It's also unfamiliar territory for the actors and for people watching."

"Besides the fact that hey, it's nature," added Jovovich. "We're doing a scene and suddenly there's a typhoon raining down on us and now we got to stop for hours and wait."

Directed by David Twohy (The Chronicles of Riddick), A Perfect Getaway is the sort of campy thriller that blends stylistic flair and humour with a unique plot twist — not easy to do given that the story only revolves around three couples — each with a curious past.

"What's kind of cool about it is that it's less about being right about who's doing what," said Zahn of discovering the reveal. "It was more about why you think that person or those people (are committing the acts). It's easy to guess something but that's what I thought made this very unique."

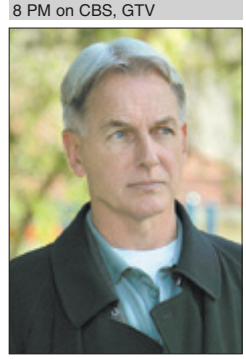
Milla Jovovich and Steve Zahn star in A Perfect Getaway, which opens in theatres Friday.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/4/09	251	308	3 CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Taking It Off "Second Wind"		Better Off Ted	Better Off Ted	Ruby (N)	Ruby (N)	News
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	CSI: Miami "CSI: My Nanny"		Criminal Minds (CC)		Flashpoint "Planets Aligned"		News
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Hide and Seek" (CC)		Big Brother 11 (N) (CC)		NCIS "About Face" (CC)		News
	256	389	12 VI	The Road to Avonlea		America's Got Talent (CC)		America's Got Talent Ten of the top 40 contestants perform.				News (N)
	253	359	13 CITY	Law & Order: SVU		Hell's Kitchen (N) (PA) (CC)		More to Love (N) (CC)		Make Me a Supermodel		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Games People Play"		Hitched or Ditched (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Hide and Seek" (CC)		Big Brother 11 (N) (CC)		Medium (CC)		News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent Ten of the top 40 contestants perform.				KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	Colour Confidential		Style by Jury	Style by Jury	The Accidental Witness (2006, Suspense)		
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	The Superstars (Season Finale) (N) (CC)		Scrubs (CC)		Primetime: Family Secrets		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Rollerball ★ (2002, Action) Chris Klein, Jean Reno, LL Cool J.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Conver-KCTS	Nova (CC) (DVS)		Making Sense of Place		P.O.V. (CC)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (N) (PA) (CC)		More to Love (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	45 PBS	Frost-Nixon: Interviews		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	90210 "Games People Play"		Hitched or Ditched (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Norm Keep him at home.		CBC News: The National (N)		CBC News: The National		Norm Keep him at home.		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball Milwaukee Brewers at Los Angeles Dodgers. (Subject to Blackout) (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	WEC WrekCage (CC)		NASCAR Racing		SportsCentre
	411	457	49 OLN	Ghost Hunters "Irish Ruins"		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters "Irish Ruins"		Bounty Hunter
	410	403	54 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Off the Pitch	MLS Weekly	Toronto-Today	Gol TV News	Off the Pitch	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "Tidal" (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Mighty Movers (CC)		Private Life of a Masterpiece		Targets: Reporters in Iraq		Doctors
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Video on Trial	Video on Trial	One Tree Hill (CC)		Greek (CC)		MuchVibe		Spotlight
	600	564	25 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	31 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	32 SPKE	MANswers	MANswers	UFC: Penn vs. Florian		CSI: Crime Scene Invstgtn.		MANswers	MANswers	Disorderly
	521	560	34 TLC	Little Couple	Little Couple	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Jon & Kate	Jon & Kate	Restorer Guy
	616	522	35 SHO	The Outer Limits "Descent"		Painkiller Jane "Trial by Fire"		Termination Point (2007, Suspense) Jason Priestley. (CC)				House "Ugly"
	620	523	40 BVO	Cirque	Bravonews	Law & Order (CC)		Without a Trace "Transitions"		Till Human Voices Wake Us ★★ (2002) (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	42 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Deadly Waters		Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	NCIS "Iceman" (CC)		Lost Worlds Atlantis. (CC)		To Build a Nation (CC)		NCIS "Iceman" (CC)		Sea Hunters
	627	528	45 SPC	Ghost Hunters (CC)		Stargate SG-1 (CC) (DVS)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	Nothing to Lose ★★ (1997) Martin Lawrence.		
	619	525	48 TROP	Power Play "Foolish Hearts"		Tube Tales	Tube Tales	Are You Smarter		Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	320	621	60 CEN	(6:35) Very Young Girls ★★		Filth and Wisdom ★ (2008) Eugene Hutz.		Chapter 27 ★★ (2007) Jared Leto. (CC)				Other Boleyn
	581	566	101 MTV	Daddy's Girls	Daddy's Girls	MTV Live	After	Super Sweet	Super Sweet	Daddy's Girls	Daddy's Girls	MTV Live
	261	394	102 V	5 Seekers	Search	Poltergeist: The Legacy		The Muppets Take Manhattan ★★★ (1984) James Coco.				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

NCIS

A military family comes under suspicion when a boy finds a murder weapon, prompting Gibbs (Mark Harmon) and the team to track ownership of the gun. Michael Weatherly, David McCallum and Pauley Perrette also star in "Hide and Seek"; Markus Flanagan, Rebecca Creskoff and Braeden Lemasters guest star. 5 PM on STR, 8 PM on CBS, GTV



The Cleaner

A hospital administrator seeks William's (Benjamin Bratt) help after receiving an anonymous letter accusing a doctor and some nurses of using drugs. After one nurse passes out during surgery, William brings her in for treatment while Melissa (Amy Price-Francis) baby-sits her son. Charles Esten, Rebecca Gayheart and Jonathan Adams guest star in the new episode "An Ordinary Man." 7 PM on A&E

DVD picks

Race to Witch Mountain

Director: Andy Fickman

WHEN WRESTLER Dwayne (The Rock) Johnson made his big-league film debut eight years ago in The Mummy Returns, he was something of an alien presence in the role of the Scorpion King, a human-headed arthropod that spoke only ancient Egyptian.

He's evolved into a full-fledged actor, and in the Disney family thriller Race to Witch Mountain he's the human assisting a couple of alien kids in their quest to return home. It's like E.T. on steroids. Space kids Sara (Anna-Sophia Robb) and Seth (Alexander Ludwig) have to not just "phone home," but also to return something to their planet that is of utmost importance both to their interstellar abode and to Earth.

Johnson plays Jack, a Las Vegas cabbie who gets caught up in the alien quest while trying to outrun his own troubles.

In classic Disney style, the film keeps the action going and the sentiments flowing for a lively and heartwarming experience, albeit one with few surprises.

Peter Howell/for Metro Canada

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Kenya Hunt

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Baby come back

Friends of Billy Joel say the singer is distraught over the June split from his wife, Katie Lee Joel, and is desperate to win her back. "Billy is obsessed with her," a pal told Page Six. METRO WORLD NEWS

Celebrity Buzz

Kristen, Rob still not a couple

DENY EVERYTHING No matter how many times they deny it, Twilight stars Kristen Stewart and Robert Pattinson always find themselves facing more rumours that their on-screen romance has bloomed in real life as well.

Top of the Pops magazine even went so far as to ask Stewart if she left her boyfriend, actor Michael Angarano, for Pattinson. "No, Rob and I are good friends," Stewart insisted. "We went through a lot together, so we feel very close. I've acquired a good buddy and that's a big deal, but I haven't left my boyfriend for Robert Pattinson."

METRO WORLD NEWS

Mystery mama identified

BABY DRAMA It didn't take long for Jude Law's mystery pregnant ex-girlfriend to be identified as model Samantha Burke. And after much speculation about their relationship, Burke is speaking out.

"Samantha, her mom, and her family can affirm that Jude has been responsive and supportive throughout the relationship and pregnancy, and know that he will remain so as a father once Baby Sophia is born," a statement from her lawyers reads, according to Hollyscoop.

The baby is reportedly due in the fall, just as Law hits Broadway in Hamlet and begins promoting his next film, Sherlock Holmes.

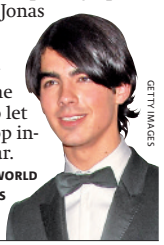
The news that Burke is pregnant with his child caught Law off guard, according to friends of the actor. "Just assumed she was on the Pill," a source told the Daily Mirror. "He was stunned at being informed of the pregnancy. Jude feels like now he has been made to look the bad guy. One of the reasons their brief relationship didn't work out is because Samantha was a little too keen. She claimed she was falling in love after just a couple of weeks." It's believed Law still has not spoken directly to Burke since finding out about the pregnancy.

METRO WORLD NEWS

Joe bounces back with Disney star?

REBOUND Joe Jonas may have found someone to help him get over his breakup from Camille Belle. The middle Jonas Brother was spotted out to dinner at L.A. restaurant Katsuya recently with Brenda Song from Disney's The Suite Life of Zack and Cody, according to TMZ. The pair tried to dodge paparazzi by not leaving the restaurant together, but photographers spotted Jonas pulling over halfway down the block to let Song hop into his car.

METRO WORLD NEWS



GETTY IMAGES

I'm not the new King of Pop: Kanye

INTERNET RUMOURS Kanye West is slapping down reports that he recently dubbed himself the new King of Pop.

"It makes me feel bad that obviously I made people feel that I would be corny enough to say something so whack after the passing of an idol, a legend and more than that a human being with feelings and a family," West posted on his official website.

"It scares me to think what people will believe, without even a source. Any random person can type something on the Internet and then the world believes it."

METRO WORLD NEWS

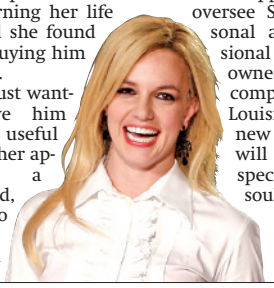
Britney's big thank-you gift

APPRECIATION Britney Spears was looking for the best way to thank her father, Jamie Spears, for all his help turning her life around, and she found it — she's buying him a restaurant.

"Britney just wanted to give him something useful as a sign of her appreciation," a source said, according to Hollyscoop. "After all their ups and downs she knows he's always got her best interests at heart."

Before stepping in to oversee Spears' personal and professional lives, Jamie owned a catering company in Louisiana. The new restaurant will reportedly specialize in soul food.

METRO WORLD NEWS

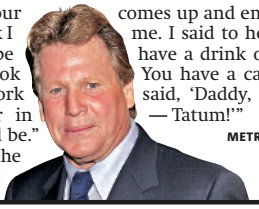


Ryan's fatherhood regrets

FAMILY MATTERS Ryan O'Neal has some harsh words for his kids in the new issue of Vanity Fair. "A couple of them I would take back," the actor and father of four said. "I don't think I was supposed to be a father. Just look around at my work — they're either in jail or they should be."

O'Neal also says he didn't recognize his daughter Tatum at Farrah Fawcett's funeral. "I had just put the casket in the hearse and was watching it drive away, when a beautiful blond woman comes up and embraces me. I said to her, 'You have a drink on you? You have a car?' She said, 'Daddy, it's me — Tatum!'"

METRO WORLD NEWS



Paris tell-all in the works?

SPILLING THE BEANS It's hard to imagine there's much the public doesn't know about Paris Hilton, but her former manager, Jason Moore, is banking on being able to reveal some new information, at least according to a pitch for a tell-all book he's looking to write.

"Jason will demonstrate how, for 10 years, he managed to save his mercurial client from disgrace by manipulating the media, and Paris herself," the pitch letter boasts, according to the New York Daily News.

"Paris was oftentimes her own worst enemy, making a sex tape with a former boyfriend, nursing hangovers during photo shoots, falling asleep everywhere and getting thrown in jail for numerous driving violations. If Paris Hilton didn't have Jason Moore pulling the strings (and) cleaning up her messes, she could well have faded into oblivion."

METRO WORLD NEWS

Real-life Gossip Girl relationship

BEHIND THE SCENES Gossip Girl actor Sebastian Stan says it's great working on the same TV show as his girlfriend, Leighton Meester. Unfortunately, their characters aren't together, which means they each spend a lot of time at working kissing other people — Meester most notably with Ed Westwick.

But Stan takes it all in stride, he tells People magazine. "It's work and everyone shares the same mentality when it comes to that. But we all laugh about it. The good part is I get to go home with her."

METRO WORLD NEWS

MJ's mother suspects foul play

SUSPICIONS Katherine Jackson spoke out publicly about her son Michael's recent death — and she suspects foul play.

"My son is dead and I don't think he just died of natural causes," Jackson told Geraldo Rivera on his TV show. "He's too young. Something happened."

Jackson, who wants custody of Michael's three children, also shot down rumours that her husband Joe Jackson is banned from her Encino, Calif., home.

METRO WORLD NEWS

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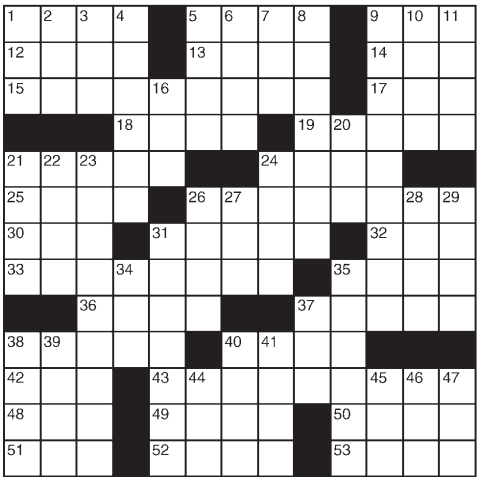
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6	9			2		
9	8			5	1			
5			3				4	
7				1				6
		9				5		
2				3				8
	7				8			2
			6	7			8	4
		8			4	1		

ACROSS

1 Group of musicians
5 Great Lakes fish
9 Dubya's brother
12 Chills and fever
13 Leak slowly
14 Eggs
15 Mischievous sprite
17 Stein or Stiller
18 Go up
19 Express appreciation
21 Tag
24 A Baldwin brother
25 Lotion additive
26 Fixed firmly
30 Young lion
31 One over par
32 Rage
33 Inscribe, as in heraldry
35 Soccer score
36 "Dear —"
37 Feel
38 Equine
40 Ethereal
42 Wapiti
43 Sympathy-evoking journalist
48 Retainer
49 Attention getter
50 Simple
51 Anderson's "High —"
52 Youngsters
53 Stratagem

DOWN

1 "Humbug!"
2 Past
3 Gist
4 Temperature unit
5 Corn eaters' throwaways
6 Golf target
7 Submachine gun
8 British automobile
9 Mini-strike
10 Level
11 Teller's place
16 Lubricate
20 Coop occupant
21 Chantilly, e.g.
22 Astringent
23 Priceless Memories writer
24 Congregational call
26 Snug and warm
27 Swelled head
28 History chapters
29 Opposite of "stet"
31 Watched 52-Across
34 Ton fractions (Abbr.)
35 Old Faithful, e.g.
37 — Lanka
38 Weight
39 Margarine
40 Help a hood
41 Doctrines
44 Discoverer's cry
45 Greek consonant
46 Ar follower
47 Reuben holder

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	1	5	9	3	6	2	7	8
6	2	3	8	7	1	4	9	5
8	9	7	2	5	4	1	3	6
9	6	2	4	1	8	7	5	3
5	4	1	3	6	7	9	8	2
7	3	8	5	2	9	6	4	1
3	5	6	7	4	2	8	1	9
1	8	4	6	9	5	3	2	7
2	7	9	1	8	3	5	6	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Spicy Texas Red Chili

INGREDIENTS:

Nonstick cooking spray
1-1/2 lb (750 g) boneless beef round steak, trimmed and cut into 1/2-in. (1-cm) pieces
3 medium yellow onions, chopped
1 large clove garlic, minced
2 cans (14 oz/398 ml each) tomatoes, undrained and cut up
16 oz (475 ml) bottled or canned tomato sauce
1 cup (250 ml) beef broth
2 tbsp (25 ml) chili powder
2 tbsp (25 ml) minced canned red jalapeno peppers
2 tsp (10 ml) dried oregano leaves or basil leaves
1 tsp (5 ml) sugar
1 tsp (5 ml) ground cumin
1 tsp (5 ml) Worcestershire sauce
1/2 tsp (2 ml) ground cayenne pepper

METHOD:

1. Coat Dutch oven with cooking spray. Heat Dutch oven over moderately high heat. Add meat, onions and garlic; cook 10 minutes or until meat is browned.
2. Stir in tomatoes, tomato sauce, beef broth, chili powder, jalapeño peppers, oregano, sugar, cumin, Worcestershire sauce and cayenne pepper.
3. Bring to boil. Lower heat and simmer, covered, 50 to 60 minutes or until meat is tender. For thicker consistency: Cook, uncovered, until mixture is consistency you like. Serve with hot cooked rice.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There's no point getting upset, because your life is progressing as it should. That applies especially to your work, relationships and creative activities.

TAURUS ♉
APRIL 21-MAY 21
You seem to be fearful for no good reason. Fortunately, what happens today will remind you that fear is a negative emotion and serves no useful purpose.

GEMINI ♊
MAY 22-JUNE 21
You can see that changes taking place in your everyday environment will have long-term results that most likely will work in your favour.

CANCER ♋
JUNE 22-JULY 22
Your inability to generate enthusiasm for your work suggests it's time to rethink your priorities. Remind yourself what life is really about.

LEO ♌
JULY 23-AUG 23
Don't assume that because someone has been keeping things from you they have betrayed you. It's far more likely they've been protecting you.

VIRGO ♍
AUG 24-SEPT 22
If you are not in the mood for socializing today don't force yourself. Let others know that if your door is shut it means you don't want to play.

LIBRA ♎
SEPT 23-OCT 23
Something will inspire or upset you so greatly in the next 24 hours you'll have to do something about it. But first be completely sure what's going on.

SCORPIO ♏
OCT 24-NOV 22
Others will no doubt react with surprise at your doings today, but they should have seen it coming — after all, you'd been sending out warning signals.

SAGITTARIUS ♐
NOV 23-DEC 21
You may be enjoying a time of fun and plenty but not everyone is, so don't get peeved if someone is needlessly grumpy today. Cheer them up.

CAPRICORN ♑
DEC 22-JAN 20
You're comparing yourself negatively to successful people, and that's not fair. Only compare who you are now with who you were yesterday.

AQUARIUS ♒
JAN 21-FEB 18
Even if someone is an expert you don't have to believe them. If your inner voice says they're wrong today then have the courage to believe it.

PISCES ♓
FEB 19-MARCH 20
You can curse fate for your miserable fortune but just as easily thank it for the good things it's bestowed on you: You are actually doing rather well.

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All-Inclusive • Deluxe rm.
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$1559 Taxes & fees: $258

St. Lucia via Toronto
Bay Gardens Hotel • 3★
Standard rm.
Sept. 6 & 27 • 1 wk.
$989 Taxes & fees: $235

Santa Clara via Calgary
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 9 - 23 • 1 wk.
$1089 Taxes & fees: $212

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1729 Taxes & fees: $258

DEAL to EUROPE

Paris
Mercure Paris Austerlitz Bibliotheque • 3★
Breakfast
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